

Alameda County Behavioral Health Care Services

Drug Information Sheet: **mirtazapine (Remeron)**

Mirtazapine (Remeron) is an antidepressant medication used in the treatment of depression, and can improve overall mood, ability to concentrate, sleep and eating patterns, and physical activity.

Estimates are that eight or nine out of every ten patients with depression can be helped by currently available antidepressant medications.

All classes of antidepressants are effective, although some may be better than others for certain patients. That is, one class of medication may work particularly well for one person, while another individual may have more success with a medication from a different class.

Like any medication, mirtazapine (Remeron) can cause some side effects, including:

Common

drowsiness
increased appetite
weight gain

Less Common

constipation
dizziness
tremor
dry mouth

Rare

confusion
swelling
weakness

Antidepressant medications work gradually, and may take up to several weeks to reach their full effect. Don't lose patience; it will take time before you will feel better.

Remember, these medications must be taken regularly to have their full beneficial effect.